

Greetings Students,

I hope that you have been able to find your space of comfort and peace during this time of uncertainty. Although we are facing a “new normal”, the one thing that hasn’t changed is the love and concern for your health and wellbeing. As we continue to navigate through this process, Ms. Rowe and I would like to share some helpful tips to assist you with your daily wellness. Please feel free to use them as you see fit or follow the suggested daily calendar.

Day 3: Wednesday, March 18, 2020:

Stress Less- Like the old saying goes, when you are given lemons, make some lemonade. Use the Independent Learning Days as a way of getting organized and creating balance during stressful situations. The more you are in tuned with your feelings, the better you can develop resiliency towards attaching a positive action to the negative feeling. Use the link, [COVID-19](#), and read the article and begin to use this knowledge to empower yourself to stress less and enjoy the goodness of life.

Day 4 and Day 5: Thursday, March 19, 2020 and Friday, March 20, 2020:

❖ **Virtual Trip** – There is nothing like a nice vacation and experiencing a change of scenery. This is one vacation that will not cost you anything. Rather you were born here or moved here from another place, there is so much to explore and learn more about this beautiful state in which we live. Use the link to explore some exciting places in Georgia. As an extension, you can also locate the colleges, technical colleges and universities within Georgia. Remember, the *HOPE Scholarship* and *HOPE Grant* can save you lots of money! [Virtual Field Trip](#)

Days 6-15: Monday, March 23, 2020 through Friday, April 3, 2020 (Wellness Choice Options):

❖ **Read for Relaxation** – Reading for pleasure is a great escape to take your mind away from stressful situations and places you in control. You can visit exciting places and meet interesting people at the turn of a page, rather it be an eBook or with an actual book in hand. Find the perfect genre and/or author and enjoy the adventure of reading. You can use one of the suggested platforms below or you can choose your own method.

➤ **I -** When you discover Renaissance myON Digital Library: Free access to more than 6,400 digital books will be provided until school closures end. Students can read online using any Internet-enabled device or offline with these free mobile apps (renaissance.com/myon-mobile-devices). Getting started is easy!

Disclaimer: Elementary and middle school levels appear to be the primary choices for this platform. It is included to assist students where English is not their first language, as well as to spark the interest of students who are not avid readers. The selections are numerous and there should be a selection and/or topic for you to enjoy.

1) Go to www.myon.com/login/index.html and enter:

School Name: **Get Georgia Reading** (Type the first few letters (**Get**) and select “*Get Georgia Reading*” from the drop-down menu.)

Username: **rockdalecounty**

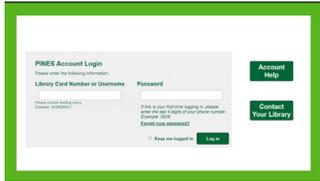
Password: **read**

2) Click the Sign In button and start reading!

➤ **II – PINES (Public Information Network for Electronic Services) – Georgia Public Library**



- **Log onto:** <https://gapines.org/eg/opac/home>



- **Follow these instructions:**



➤ **III – Meet Libby – Use Your Public Library card to discover thousands of eBooks and audiobooks. Your journey begins here, [Meet Libby](#)**



- Sign in to multiple libraries, with one or more cards for each library.
- Download books and audiobooks for offline reading, or stream them to save space.

- If you prefer reading on your Kindle, Libby can send your library books to it. (U.S. libraries only.)
- Keep track of your reading history in the Activity tab.
- All your loans and holds are consolidated on a single shelf.
- Positions, bookmarks, and notes are kept in sync across your devices.

❖ **Let Gratitude Be Your Attitude** - *Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.* —Zig Ziglar

Create a Gratitude Journal and list the things that you are grateful for each day. You can also extend this activity by writing someone a note, letter, email, etc. expressing your gratitude for them.

- ❖ **Laughter Is Good for The Soul** – *Watch a funny movie. You can extend this activity by inviting a member of your household to watch it with you. If you do not have a movie selection, share some positive jokes to create a climate of laughter.*
- ❖ **Create Some Art** – Art is a great way to release stress. Put your creative juices into action and create a masterpiece of choice. If you have a printer, you can print a coloring sheet and add color that expresses your creative touch.
- ❖ **Put on Your Dancing Shoes** – Open up your playlist and dance to your favorite song. You can extend this lesson by learning a new dance via YouTube.
- ❖ **The Power of Words** – Find or create a song, poem, quote, etc. that provides/promotes inspiration and affirms your daily well-being.
- ❖ **Relax Your Mind, Body and Soul** – Try stretching your stress and release tension with Yoga via a YouTube video. As an extension, use a meditation video or app to destress daily.
- ❖ **Sleep** - Research and discover how much sleep is needed for your optimal daily performance. Use the link to read about how many hours you need. As an extension, develop a sleep calendar to determine a bedtime and climate for maximum and consistent hours of sleep each day.
<https://www.sleepfoundation.org/articles/teens-and-sleep>

Please note that these are voluntary wellness activities that are listed as suggestions to support you during the Digital Learning period. Please feel free to reach out, if you have any questions or concerns.

Sincerely,

Mrs. Fletcher